



# The Journal

Vol. 28

No. 37

[www.dcmilitary.com/journal/](http://www.dcmilitary.com/journal/)

September 15, 2016



Remembering 9/11  
15 Years Later

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U.S. NAVY PHOTO BY MC3 WILLIAM PHILLIPS



# President's Column

The Uniformed Services University of the Health Sciences was former Louisiana Congressman F. Edward Hebert's vision following a mass exodus of physicians from the military after World War II. He spoke of a "West Point" for doctors and it was through his determination and perseverance over the years, along with the support of then-Secretary of Defense Melvin Laird and many others, that Congress established the university in 1972. Hebert died in 1979, and so was unable to see the first medical school class graduate in 1980.

Next weekend marks our 44th year in support of the Military Health System. I believe Congressman Hebert and other early supporters would be very pleased with our remarkable progress. Over the last four decades the class sizes have grown and we have added the Graduate School of Nursing and Postgraduate Dental College, along with a branch office in San Antonio and one soon to be established in San Diego. Our basic science graduate program enrollment has grown from the original one student in 1981 to more than 200 students in multiple disciplines now.

USU has led the way in developing interdisciplinary degree programs and programs to meet the needs of the Services. These quality offerings have attracted talented faculty and research staff whose many significant contributions to science and medicine include the discovery of a potential vaccine for the deadly Hendra and Nipah viruses, the use of effective regional anesthesia and nerve blocks on the battlefield to reduce narcotics use and alleviate pain in wounded soldiers medically evacuated from the combat theater of operations, and the development of state-of-the-



PHOTO BY THOMAS C. BALFOUR

**Richard W. Thomas, MD, DDS, President, Uniformed Services University of the Health Sciences**

art prosthetics for our most seriously injured service members. In addition, we have established centers working to fast-track cancer research through genome sequencing, to improve the quality of patient care by studying patient outcomes and creating clinical decision-support tools that focus clinicians on the best choices for each patient, and to ensure the readiness of our forces through health and performance optimization, among others.

The work of our faculty and staff is often on the cutting edge of science. In fact, hundreds of U.S. patents and additional foreign patents have been awarded for a variety of technological and research advances borne at USU since 1980 that have beneficial implications for the military as well as the private sector.

While the notable achievements of our faculty and staff bring significant credit to the university, our alumni

are our true foundation.

The University has a history of producing high quality health care professionals who support military readiness by assuring military medical readiness. They have evolved over time in response to emerging requirements on the force that require a stable of trained military health care professionals. USU produces alumni who are highly competent, both medically and militarily. They value planning to ensure appropriate medical support for the training, deployment, and engagement of combat elements that would respond to the next conflict. They think jointly and use those skills learned in peacetime education and training when solving military medical problems. Our alumni are aware of the lessons of military medical history and possess military staff skills to show value to their expertise to combat commanders in a manner that engenders trust in their medical judgment and acceptance of their medical advice.

Our graduates have matriculated to increasing levels of leadership within the Services and in their respective areas. Since September 11, 2001, USU graduates from both the School of Medicine and the Graduate School of Nursing, and now the Postgraduate Dental College, have been serving at all levels of planning and execution of medical support in combat theaters and in support of humanitarian assistance and disaster response missions around the globe. We remain a nation at war and our mission continues. It is more important today than ever that USU continues to be the cornerstone for education, training and research for the Military Health System.

## Bethesda Notebook

### Blood Drive

A blood drive is scheduled for Sept. 26 from 8 a.m. to noon in Walter Reed Bethesda's Bldg. 9 mezzanine level. Walk-ins are welcomed, but appointments are appreciated. To make an appointment online, go to [militarydonor.com](http://militarydonor.com) and use the sponsor code WRNMMC.

### Pre-Retirement Seminar

A pre-retirement seminar is scheduled for Sept. 27-28 at WRNMMC. The seminar is open to WRNMMC GS employees planning to retire within the next five years. Space is limited. Pre-registration is required. For more information, call 301-319-8510.

### Healing Arts Exhibit

Artwork submissions for the Healing Arts Exhibit will be accepted until Oct. 7. The exhibit's opening is scheduled for Oct. 26 from 3 p.m. to 7 p.m. in the pavilion between the America Garage and Bldg. 19. For more information, contact Public Health Services Capt. Moira G. McGuire at 301-319-8755 or [moira.g.mcguire.mil@mail.mil](mailto:moira.g.mcguire.mil@mail.mil), or Jessica Shipman at 301-319-2896 or [jessica.l.shipman2.ctr@mail.mil](mailto:jessica.l.shipman2.ctr@mail.mil).

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# Suicide Prevention Event to Include Training

By Andrew Damstedt  
The Journal

In addition to signing a proclamation recommitting the installation to provide resources for suicide prevention, Naval Support Activity Bethesda (NSAB) also will be offering training on ways to help someone who is contemplating suicide.

The event is scheduled for Sept. 20 at 10:30 a.m. in the gym of Bldg. 17 and will feature a panel of speakers who have lost loved ones to suicide moderated by Capt. Gary Clore, Commander, Navy Installations Command force chaplain.

The training goes beyond the regular PowerPoint presentation, according to Religious Program Specialist 2nd Class Mauricio Melo. He said there will be a scripted program that has different scenarios of ways to talk to someone who is contemplating suicide.

"It's going to be people acting and giving scenarios, such as after someone dies by suicide what happens to people around them," Melo said.

The event will count for suicide prevention training requirements for Army and Navy and Melo



U.S. NAVY GRAPHIC

said he hopes people will like the interactive format. The training will point out the resources available on the installation and there will be a resource table set up in the atrium during the event.

Anna Rhodes, Fleet and Family Support Center (FFSC) education services facilitator said this is the first time NSAB has done training along with the proclamation signing.

For additional suicide prevention training, an

Applied Suicide Intervention Skills Training is scheduled for Sept. 26-27 from 8 a.m. to 4 p.m. in Bldg. 17. This bi-monthly training is open to everyone and goes over specific skills to identify those at risk and how to better care for those having thoughts of suicide. To register for that training, call Rhodes at 301-319-2846 or email [anna.j.rhodes.civ@mail.mil](mailto:anna.j.rhodes.civ@mail.mil).

There are several people onboard NSAB that are available to talk to about suicide prevention, and where to get counseling resources, including FFSC at 301-319-4087; Walter Reed National Military Medical Center (WRNMMC) Behavioral Health, 301-295-0500; WRNMMC Department of Pastoral Care offices, 301-295-1510; NSAB Religious Ministries office, 301-319-5058; Uniformed Services University of the Health Sciences (USU) Family Health Clinic, 301-295-3630; or going to the WRNMMC Emergency Room.

Service members or veterans seeking help can call the Military Crisis Line at 1-800-273-8255 (press 1), text 838255, or visit [www.militarycrisisline.net](http://www.militarycrisisline.net) for a confidential online chat.

## WRNMMC Advances Sailors Under MAP

By MC1(AW) Chris Krucke  
WRNMMC Public Affairs

"My mind was blown," said newly-advanced Petty Officer 1st class Travis Silvey. "I couldn't believe that it was happening. I had no words, just shocked."

Silvey was one of nine hand selected Navy petty officers who were advanced as part of the Meritorious Advancement Program (MAP) in Memorial Auditorium Sept. 6.

MAP, which is in its first year, authorizes commanding officers to advance eligible Sailors in paygrades E-3, E-4, and E-5 to the next higher paygrade. The program is intended to give commands the opportunity to recognize their best Sailors, advancing them when they are ready for the next level of responsibility.

Also advanced were three third-class and two-second class petty officers.

Previously, MAP was only offered to deployed commands and has now recently been opened to shore commands.

"Since I have a shore-to-shore [Navy Enlisted Code], this is a huge deal," Silvey said. "I've always felt that it was unfair that I wasn't eligible to participate just because of my [NEC, which is not deployable]. I think this will give the Navy an opportunity to enhance its diversity in advancement."

Master Chief Pietro Martone, senior enlisted advisor for the Assistant Chief of Staff and Special Assistants Directorate at Walter Reed Bethesda, said, "MAP is truly a great opportunity to recognize top performing Sailors,



PHOTO BY MC1 CHRISTOPHER KRUCKE

**Walter Reed National Military Medical Center Director Army Col. Michael S. Heimall (bottom left) and WRNMMC Command Master Chief Tyrone Willis (second row right) are on hand to congratulate the first nine petty officers at the medical center advanced as part of the Meritorious Advancement Program in Memorial Auditorium Sept. 6.**

especially those Sailors serving on shore duty who didn't have this opportunity before."

He explained candidates for the MAP have to go through a rigorous selection process, and there are many requirements to be selected.

Martone said, a Sailor must:

- Excel in their primary duties while demonstrating professional knowledge and rating expertise;
- Volunteer to assume additional responsibilities, collateral duties and watches;
- Seek out command, peer group and community involvement;

-Pursue both military and civilian education by enrolling in college courses, by obtaining military and civilian certifications, by completing correspondence and e-Learning courses;

-Be a leader in physical readiness by scoring excellent or higher on PFAs unless waived and no failures within 18 months;

-Have no court martial, non-judicial punishment and/or substance abuse incidents within 24 months including pending DUI/DWI cases;

-No returned Career Waypoints quota to separate at end of active obligated service and no performance trait marks below 3.0 in the last 24 months.

Silvey, who was chosen from 32 submitted candidates, said his advice for junior Sailors looking to advance through MAP includes, "Work hard and work together! The Navy has a very competitive advancement process, and you can't be successful doing anything alone. Develop your juniors and work with your peer group. Once you make a plan, stick with it and see it through to the end. You will grow from it out of success or failure."

According to [navy.mil](http://navy.mil), beginning FY 16, MAP is expanding to include eligible shore commands, Pre-Commissioning Units and Professional Apprenticeship Career Tract Sailors. The increase in MAP quotas and expansion of the program to other eligible stakeholders mentioned above will further empower COs to recognize sustained superior performance through immediate advancement.



# Walter Reed Bethesda Remembers 9/11

By Bernard S. Little  
WRNMMC Public Affairs

The Walter Reed Bethesda community paused Sept. 8 to observe the 15th anniversary of 9/11.

"It's always emotional when we gather to remember the solemn, tragic, dastardly events [of 9/11]," said Army Col. Michael S. Heimall, director of Walter Reed National Military Medical Center (WRNMMC). He added, "Coming up with the words to describe [9/11 and its aftermath], is always hard. I can remember exactly where I was and everything I did that day," the colonel continued.

He recalled the morning of Sept. 11, 2001 as being "incredibly beautiful and clear" when he went to work in Bldg. 1 at the former Walter Reed Army Medical Center in Washington, D.C.

Heimall said he did not immediately feel the full emotional impact of the 9/11 attacks on the World Trade Center Twin Towers in New York, the Pentagon in northern Virginia and the downed aircraft near Shanksville, Penn., which claimed the lives of more than 3,000 people. He explained his work at WRAMC in assisting with mobilizing casualty care efforts at the Pentagon, did not allow him the time to immediately grieve for those lost.

"I didn't comprehend much of the long-term impact of what had gone on as we worked to track casualties, get reinforcements down to the aide station that had been set up at the Pentagon, move medical supplies to the Pentagon area, and focus on the recovery and search for survivors," Heimall said.

The colonel, who grew up in New Jersey, recalled as a youth driving with his family to Newark Liberty International Airport and remembering the Twin Towers as "the defining piece of the New York City skyline."

He said the impact of the 9/11 events on him didn't occur until Thanksgiving of 2001, when he was driving home with his family to celebrate the holiday with his parents in New Jersey. "[We] were driving up Interstate 95 and I broke down in tears when I saw the New York skyline and realized that those Twin Towers were gone."

Heimall added 9/11 has "defined our generation." He said the events of that day motivated many of today's service members "to pick up the uniform of our nation's military services and defend our freedoms."

"It's fitting we gather to remember the sacrifices of those who were lost, and the service those events inspired," Heimall said.

Retired Command Master Chief Roy Mobley also reflected on 9/11, explaining he was on assignment aboard a ship in Hawaii at the time of the attacks. At 5 a.m., he was awakened by the ship's commanding officer and informed of the tragedies which had struck the mainland.

"I had a very dark pit in my stomach because I didn't know what was going to happen next," Mobley, guest speaker at the observance, said. "As a young Sailor, I was always told this might happen, but I never thought that anyone would want to approach the most powerful country in the world in such a way," he added.

"The young men and women aboard that ship were ready for orders, [and] I grew up that day in the Navy," Mobley recalled.

He explained the ship was ordered to patrol the waters between Hawaii and the mainland, and seize or shoot down any vessel or aircraft headed towards the United States which did not identify itself. He added that because of 9/11, "America united, and we were not going to let anyone tread on us. We continue today in keeping that same spirit of no one will tread

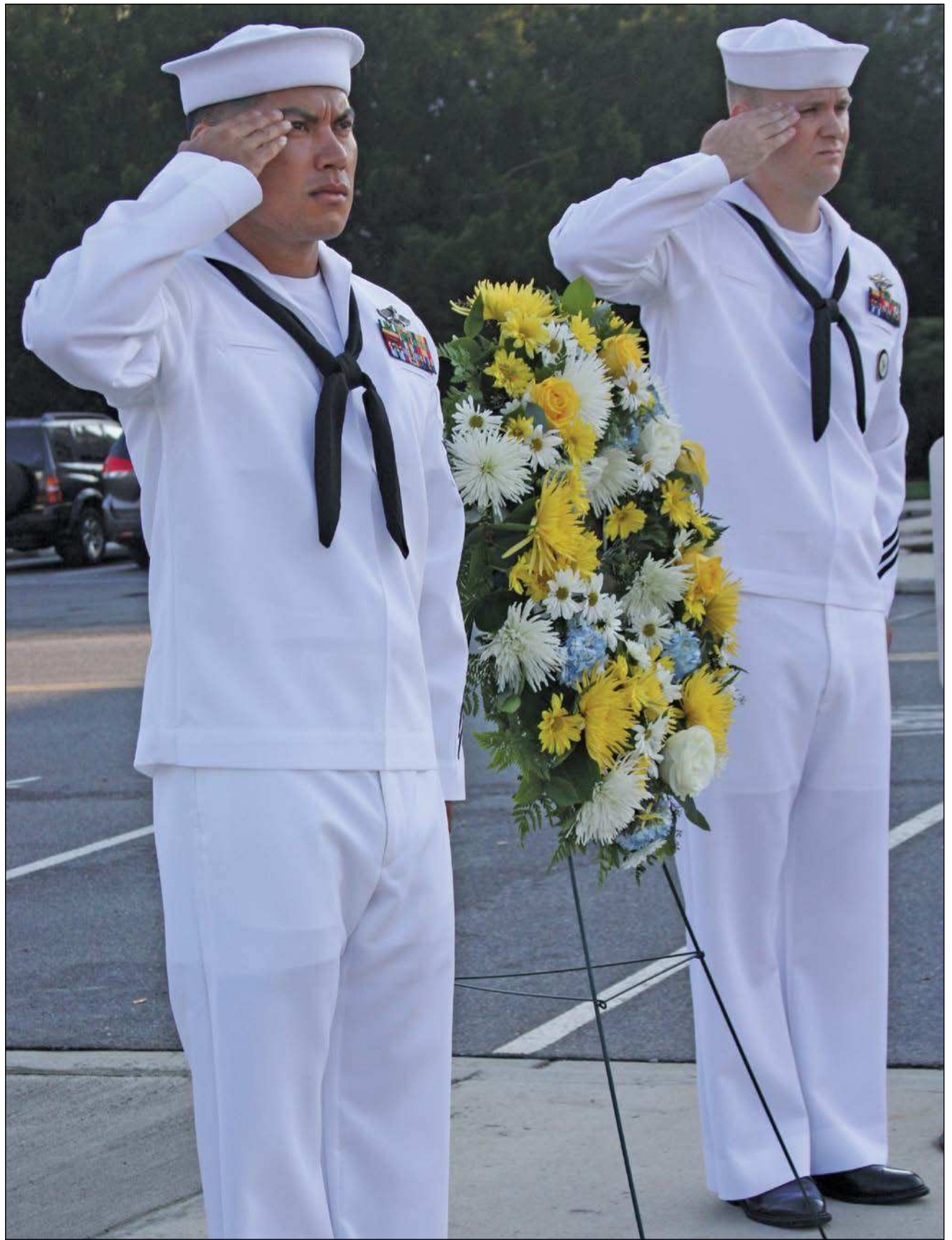


PHOTO BY BERNARD S. LITTLE

**Service members and civilians pay respect to the nation on Sept. 8 during an observance at Walter Reed Bethesda for the 15th anniversary of 9/11.**

on us. The enemy thought that they would divide us, but [their actions] united us and gave us the strength and courage to take the battle to them.

"9/11 should never fade from [our] memories," Mobley continued. "There are hard memories, but [9/11] also reminds me of our resolve as a nation. I'm always proud to be an American," the command master chief concluded.

The Walter Reed Bethesda remembrance also included the ringing of the Chief Petty Officers' Bell at the medical center. Each ring indicated an event that occurred on 9/11 when lives were lost on that day, and the American flag was lowered with each ring until it

was half-staff/half-mast. The 9/11 attacks resulted in 2,606 deaths at the World Trade Center, 343 deaths of emergency responders, 246 deaths of those onboard the four hijacked planes used in the attacks, and 125 deaths at the Pentagon.

Also during the observance, service members at WRNMMC also placed a wreath in front of the historic Tower on Naval Support Activity Bethesda in remembrance of those who lost their lives on 9/11, and to commemorate how the country came together to rebuild following the tragic events of that day.

The observance ended with a moment of silence and the playing of Taps.



# Why Should a Consumer Care About Their Credit Score

By MC3 William Phillips  
NSAB Public Affairs

Good credit management is one aspect of a solid foundation for financial stability, and maintaining good credit can help a consumer save money and help fight identity theft.

Brian Pampuro, a personal financial coach at Fleet and Family Support Center aboard Naval Support Activity Bethesda, said good credit gives you more options and more “bang for your buck” as a buyer.

“A higher credit score gives the consumer more freedom of purchasing power, said Pampuro. “The lower the credit score the higher the costs will be to the consumer, and in some cases the inability to even get credit.”

Proper management of credit can lead to savings down the road.

“If you manage your credit well and maintain a good credit score over the course of a lifetime you can literally save hundreds of thousands of dollars in interest rate fees,” said Pampuro. “Every time a person signs a loan or swipes a card, every time they use money that is not theirs that they are going to have to pay back — that equals future labor.”

One of the most important reasons for knowing your credit score and reviewing your report is

to help prevent identity theft.

“Being a consumer in this day and age, we have a lot of people whose identity is being stolen,” said Pampuro. “Identity theft can be very damaging to a person’s finances.”

When Pampuro started out as a financial coach 10 years ago, if a client asked if they needed credit monitoring he would have said no they could look at their own credit report and be fine. But when asked that same question today he would suggest signing up for it.

“I use credit monitoring for peace of mind,” said Pampuro.

In 2015 there was a breach in the Office of Personnel Management (OPM) that put a lot of service members and Department of Defense personnel at risk for identity theft.

“Millions of individuals, through no fault of their own, had their personal information stolen and we’re committed to standing by them, supporting them, and protecting them against further victimization,” said OPM Acting Director Beth Cobert in a Sept. 1, 2015 statement. “And as someone whose own information was stolen, I completely understand the concern and frustration people are feeling.”

According to Pampuro many of the service members and DOD civilians had their identity stolen through

fake leave and earning statements (LES).

“I had a client that came in that had their identity stolen, and the bank was able to get copies of the LES that were submitted as the fraudulent loan application, and the LES that was submitted was completely fake,” said Pampuro. “There are people out there that have access to these programs and we have a lot of people out there who are devious and they are willing to put anybody they can at risk by stealing their identity.”

An identity can be stolen through something as simple as a misspelling of a name or a street address.

“There is a great chance that everyone has an error on their credit report whether it is something as simple as misspelling of a name or the addition of an unneeded suffix that causes many problems when it comes to a credit report,” said Pampuro.

Service members and DOD civilians are able to request a free credit report at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com). Consumers are entitled by law to one free credit report per year from each of the three major credit bureaus – Equifax, Experian, and TransUnion – for a total of three reports every year.

For more information about credit reports and credit scores and how to protect your identity visit: <http://go.usa.gov/xZYSz> or call (301) 319-4087.

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# MWR Holds Freedom 5K

By U.S. Navy photos by MC3 William Phillips

Naval Support Activity Bethesda's Morale, Welfare and Recreation held its 4th annual Freedom 5K at the MWR Sports Complex Sept. 9. The run was a way and remember the lives lost during the 9/11 attacks.









# Maryland Fleet Week and Air Show Baltimore

## October 10-17, 2016



Maryland Fleet Week and Air Show Baltimore celebrates the rich naval traditions of the Chesapeake Bay and the contributions of Marylanders to the defense of the nation. The Blue Angels' Boeing F/A 18 Hornet jets and other aircraft will be on display on the Martin State Airport tarmac and in the skies over Fort McHenry and Middle Branch while schooners and U.S. and allied navy vessels will be ready for boarding visitors in the Inner Harbor, Fells Point and Locust Point.

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